RECOVERY KERNEL

Mugadziriso weMigumisiro.

US Master | Final Consolidated | Strict 1:1 Structure

Kana zvaita, shandisa Recovery Kernel.
Naloxone inogona kubatsira.
COMT uye DRD2 zvinogona kunge zviri pachena.
MTHFR inogona kuita kuti zvinhu zviite zvakasiyana.
Blueprint inowanikwa pano.
Tsvaga rubatsiro pa findahelpline.com.

Chinangwa. Ibhuku iri rinobatsira vadzidzisi kuchengeta miganhu yakajeka uye inonzwisiswa mumaroomi eRecovery Kernel. Rinodudzisa kuti zvinhu zvekugamuchirwa, kugona, nzvimbo, uye musoro zvinogona kutaura nezvazvo pasina kukanganisa vanhu, kuvadzidzisa zvakanyanya, kana kuita maroomi acho ave nechido chekuti vanhu vabatirane nemaitiro ekunyengera.

Pipeline note. The section order and section names are intentionally stable. Use these headings as parser anchors for translation, localization, and adjudication scripts.

[Zvinoreva here?]
* Zvinhu zvitatu.
1. Zvinhu zviri pakati.
2. Zvinhu zvepakupedzisira.
3. Zvinhu zvepakutanga.

[Mubvunzo]
* Ndava kunetseka.

#	Sezheni.	Parser Key
1	Mubvunzo.	nzvimbo yekubatikana.
2.	Nechii zvakanaka kuti tive nemitemo.	Maitiro ekuti miganhu inokosha.
3.	Mitemo api anogona kutsvedzerwa?	Mitemo api anogona kuwanikwa?
4.	Mubatsirisi.	Mubatsiriri.
5.	Manozvera kuti mamiriro anenge akukanganisa nemamiriro anozvidza. * Kuzvitutumira zvinangwa zvakanyanya kana kuti	Manozvera kuti mamiriro anenge akukanganisa nemitemo.

#	Sezheni.	Parser Key
	kuita zvinhu zvisiri pachena. * Kuoma kutarisa vanhu muchiropa. * Kufara nekuti unogona kuzviita. * Kushungurudzwa nemamiriro anenge akukanganisa. * Kuzvitutumira kuti uine zvinhu zvinonyanya kukosha kupfuura vamwe. * Kuoma kutarisa vanhu muchiropa. * Kufara nekuti unogona kuzviita. * Kushungurudzwa nemamiriro anenge akukanganisa. * Kuzvitutumira kuti uine zvinhu zvinonyanya kukosha kupfuura vamwe. * Kuoma kutarisa vanhu muchiropa. * Kufara nekuti unogona kuzviita. * Kushungurudzwa nemamiriro anenge akukanganisa. * Kuzvitutumira kuti uine zvinhu zvinonyanya kukosha kupfuura vamwe. * Kuoma kutarisa vanhu muchiropa. * Kufara nekuti unogona kuzviita. * Kushungurudzwa nemamiriro anenge akukanganisa. * Kuzvitutumira kuti uine zvinhu zvinonyanya kukosha kupfuura vamwe. * Kuoma kutarisa vanhu muchiropa. * Kufara nekuti unogona kuzviita. * Kushungurudzwa	
6. [Zvakafanira kuita:] * Tevera mirairo yepamwedzwa zvakanyatsoteerera. * Usati watanga chero basa, onai kuti unoziva zvese zvaunofanira kuzviziva. * Kana usina	Zvinodini here?	Kana uchida kushandisa chishona, unogona kuita izvi: * Dzidza shoko dzedhina. * Dzidza mamwe mashoko akakosha. * Shandisa mashoko ayo mumidziro yakadaro se "Hello" uye "Goodbye".

#	Sezheni.	Parser Key
kuvimbiswa nezano remurairo, bvunza mumwe anoziva. * Usati wapedza basa, ona kuti wakazviita zvakanyatsoteerera mirairo.		* Tanga kunyora zvishongo zvinenge zvakanyorwa muchishona. * Kana uchida, unogona kuwana mubatsiro kubva kumunhu anoziva chishona.
7. [Blank line]	Chirimo neimwe.	room_vs_individual
8.	Zvigamiriro.	mitemo
9	Zvausinga kuita: * Usabvire zvinodiwa. * Usafukidza zvinhu zvinokosha. * Usashandise simbi yakaderera. * Usaramba kutsvaga rubatsiro rwemwedo.	Zvausinga kuita.

1. Mubvunzo wekuti "mitemo" ndeyipi.

Muganho haisi chishumbiso, kure kwezvimwe zvacho, kana kuti kuratidza kuti munhu anotarisirwa kuva netsedzo. Muganho ndiye mamiriro anodiwa kuti hukama huve hunoshanda. Anoratidza kwakapiwa mvumo, kugona, nzira dzinogoneka, uye zano.

Mumaodzwa akaitirwa muRecovery Kernel, miganhu inochengeta mukana wekuteerera zvazviri uye kushandira pamwe. Inopa vanhu nzira yekuramba vachitarisisa zvaunozvitaura pasina kukanganiswa, kusvibiswa, kana kuita kuti vanzwe kuti vanofanirwa kuvabvuma kwavari kunyange kana vasati vakabvumidzwa.

Mitemo anogona kutaurwa nemumwe wevanhu vachipindira, kuchengetedzwa neanofacilitate, kuiswa mumaitiro ekungamirirwa kwemakambwa, kana kuti kuzivikaniswa kumunhu wese. Chikuru nderokuti tisati tichengeta vanhu vese kuti vasave nemufaro. Chikuru nderkukubata mukana wekuteerera vamwe pasina kusavheneka nezvezvinhu zvakabvumirwa, zvisiri zvakabvumirwa, uye zvavanogona kuzvishandisa.

2. Neiwo zvinodiwa nekuti...

Pamusoro pezvinangwa, makirasi anogona kuve akajairana, kuvhurwa zvakanyanya, kushandiswa, kukurudzira, kana kuti kunyengera zvine ruzhinji. Vanhu vanogona kupfuura miganho yavo kuti vave chikomba chemugwaro, kuti vakwanise kufara, kuti vasavhunde mugwaro, kana kuti kuti vasiyane nemamiriro anonyanya kusagadzikana.

Kana miganhu isina kusimba, kushandira kunogona kutanga kuita sekunge kwasvika pfungwa yevanhu, asi zvinozvishoma nezvishoma zvaunenge uchida. Vanhu vanogona kuzotaura zvinhu avo vasingade kuzotaura, kutambanidzwa nevanhu avo vasina kuda kuti vatambanidzwe, kutora zano remanzwiro asiri emavo, kana kuseka nekuda kwekusataura nekuti kushorodha kunonzwa sekukanganisa tsika yegroup.

Maitiro akajairwa anochengeta zvicheneso. Anogadzirisa kuti vafambi vese vatambe zviripano, kwete kuti vasvike. Imba ine maitiro anojairwa inogona kunyudza mashoko akanaka, kufara, kusuruvara, kushungurudzika, kuseka, kusvikirana, uye kuchena pasina kuita kuti chinhu chimwe nechimwe chive chinhu chinofanirwa.

Mitemo api anogona kuve nemigumisiro?

Mitemo anogona kusanganisira: kunyengerera, nguva, kushambura zvazvo, basa rekutarisira manzwiro, kupa mazano, kutaurirana kwekuramba, kuchengetedza chizere, nzvimbo yepamwe, mutauro, kuita zvinhu nekukurumidza kana kuti kunyanya kunenge, zviito zvevanhu, maitiro ekunamata, uye kutarisirwa kuti munhu anotevere akachengera zvakawanda kupfuura zvaanofanira.

Muganho anogona kunzwa sekuti ari muganho pane zvaunoda kutaura, muganho pane mhando yedzidziso yaunokwanisa kutarisira, muganho panguva yatinogona kuramba tichitaura nezvazvo, kana muganho pane zvinoitika apo munhu anoda kana kuti haadi kuenderana newe pavakapedza.

Mitemo anogonawo kuve neakakosha mukati memaitiro. Mharidzo inogona kuve neakakosha pane zvinofanirwa kuitwa, kuratidzira zvinhu zvakananga, kutaura nezvezvakatswuka, kushandiswa kwezvimedu, kufamba nezvekufarira, kukurukidza nezvezuru, kana chero chinhu chinogona kuita kuti vanhu vasati vakachena vabatame uye vasave nechokwadi.

4. Basa remushandirapamwe.

Mubatsiri haafanire kuona miganhu sekuita kuti zvinhu zvisave nemhosga, asi semamiriro anodiwa pakuti basa rive nani. Miganhu inzvo zvakakosha mukugadzira nzvimbo inotendeka, uko vanhu vanogona kushandira pasina kutambura.

Your role is to normalize clear limits, reduce shame around saying no, and help the room understand that consent and structure increase trust rather than restrict it. A boundary should not have to be dramatic in order to be respected.

Kana muganhu uchiratidzwa, deredza mweko. Zvitonge zvazvakanaka. Chengeta muganhu uyu usina kukanganiswa, asi usaite kuti munhu adefende muganhu iyu. Wobva watungamire huru kuti hutange kushanda zvakare mukati memuganhu iyu. Chinangwa nderi kuti muganhu usarege kuvepo. Chinangwa nderi kuti huru hutonge zvakanaka pamusoro pemuganhu iyu.

5. Maitiro ekuziva kuti munenge muchitariswa.

Kusanduka kwezviito zvinogona kuoneka panguva imwechete nevanhu vasingati shoko rekuti "kusanduka". Tarisa vanhu vanotaura zvinhu vasina kuvakanganwa, vanokubvuma nekukurumidza, vanorira pavakadzikiswa, vanongomirira pachinzvimbo, vanoshuva zvikuru, vanoedza kuchenesa kufa, vanotsamvisa nezviito zvavanoda kuita, kana kuti vanotarisirwa kuti vatevedzere mamwe maano asi vanonzwa sekunge vari kushandiswa.

Zvakare, tarisa nzvimbo yavaunenge ari munhu iyeye. Kumanikidzwa kunogona kuoneka sezvemibvunzo yakarurama, mazano akavhurwa semufaro, mutauro wepfungiso unoshandiswa kutsigira kufungura, mhepo dzinoderedza kusagadzikana pasina mvumo, kana kuti mamwe maonero anogadzirisa kuti kushushikazve kunonzwisiswa sekusavengamwo.

Munhu anogona kusaziva kuti adaro, "Iyi zvinhu zviyandamira." Anogona kuzviratidza nekunonoka, kushoma, kusagadzikana, kunaka kwakanyanya, kana kuchinja kwezwi. Mutungamiriri anofanira kutarisira matambudziko iwayo semusoro, asi kwete sezvinhu zvinodiwa kuti zvigoneke.

Hazvidi.

Boundary language should be plain, respectful, and specific. It does not need to be overexplained. Simple language is often the safest language because it gives the room a clear edge without inviting debate.

"Iyo haisi mhinduro chaiye."
"Hatina kumbonzwa zvimwe zvinonyanya kunaka kupfuura izvozvo."
"Unogona kuenda."
"Ngatidaro tirambe zvishoma nezvishoma."
"Iri nyaya harina kukodzera kuti titaure nazvo nhasi."
"Ndapota, musatarisire kushushikiswa sevhuti dzekugadzirisa."
"Unogona kutaura nzvimbo yekumhara pasina kuudza nyaya yese."

Vadzidzi vanogonawo kuita semufano kune vese: "Tichazorora zviri zvepakurudzira pano." "Hatina kukwanisa kupinda mune zviito zvinonyadza." "Ticharichengeta muganho remusangano." "Iyi nyaya yakakosha, uye inoda nzvimbo yakachena kupfuura iyoyo tine ikozvino."

7. Kamuri vs mumwe munhu

Kana imwe nguva, muganhu unobva kumunhu mumwe chete. Kana imwe nguva, chivakwa chega chinoda muganhu mumwe. Zvifanire kuziva kusiyana kwacho. Muganhu weumwe munhu anozvishandisa kuchengetedza zvinhu zvinodiwa nemunhu iyeye, senge kubvuma, kugona, kana kuremekedzwa. Muganhu wechivakwa unoshandiswa kuchengetedza nzvimbo yose.

Mubatsirisi anofanira kuita kuti munhu agone kuchengetedza muganho wake pasina kukanganisa, uye usadzingwa kuti atevere izvozvo nemugrup. Munhu haafanire kuzvitsinhira kuti muganho wake unorurama pamberi pemunhu wese musango, kwazvo kugarisikirwa.

Mubvunzo wezviito zvehutungamwari unogona kunge uchidikanwa kana nhomoni ichifamba zvakanyanya, ichitendeuka kuita zvekunyarara, kucherekedza vamwe, kupa mazano, kusangana nekukakavara, kana kushandisa nyaya yemumwe munhu semubvunzo wevamwe. Panguva idzi, mutungamwari anotsinhira mubvunzo sechimiro chekuti zviri kufanirwa, kwete sezvikanganiso zvemunhu mumwe nomwe.

8. Mitemo.

Muganho haigone kuvimbisa kugadzikana, kubvumirana, kana kutenda zvakanaka. Inogadzira muganho wenzwisiso. Dzimwe nguva, vanhu vangavausvikiriri nemuganho iyu. Izvi haizivi kuti muganho iyu unorurama here.

Mubvunzo ndeukuti mutsara unobatsira kuchengetedza hunhu, kubvuma, uye kutevedzera zvinhu zvinoshanda. Mutsara wakanaka anogona kukanganisa munhu mumwe, kuchema musimboti, kana kuvhiringidza nyaya dzakajairwa. Kugumbuka kwakadai kunogona kuve chikamu chebasa kana pasina kuvharidzika uye pachinenge chisina kujekera.

Mitemo haafanire kushandiswa kukatarisa vamwe zvisiri zvakakosha, kudzivisa kusagadzikana kwese, kuponda kufungira, kana kuvharira kuzvidzora. Mutemo unoshanda zvakanaka apo unobvumidzwa nezano rekuti chii chinodiwa uye achitaura zvechokwadi nezve kugona, kubvuma, kana zano remunhu anobata.

1. **Usazvimirira.**
2. **Usaenda.**
3. **Usabvuma.**
4. **Usati tarisana nemamiriro akaita ariko.**
5. **Usaramba.**
6. **Usadzore.**
7. **Usafukidza.**
8. **Usashandisa.**
9. **Usakanganwa.**
10. **Usazviita.**

- Usaregerei vanoda kuzvichengeta nemiganho.
- Usaregerei kusiyana pakati pekukwazisa uye kufamba zvisina kukanganwa.
- Usabvirei kuti mumuridzwe zvamunoda.
- Usamukisa i "ndinodaira" kana uchida kuti utende, asi usamubata se "ndinoda" kana achiti "handidi".
- Usadzingise vanhu kuti vishandise simba kuti vagadzire kuchengetedzwa kwechimwe chinhu.
- Usabvirei kuti munhu abudirire kana akashinga nekuda kweanenge ari mumuboka remunhu iyeye.
- Usamupokana kutengesa, kusadaro, kuseka, kana kuvabvuma semubvumo.
- Usadaro mitemo yevanoita vamwe kana zviri pachena kuti mitemo iyoyo inokanganisa nzvimbo yechimwe chidiki uye inofanira kukurudzwa nekuda kwehutano hwemunhu.

Kadhi yekushandisa yekuongorora.

Prompt	Facilitator Language
Kana uchida.	Mutezvara inoratidza kushungurudzwa, kufemerwa zvikuru, kunyatsoteerera, kusagadzikana, kana kusava nechokwadi; boka richikumbira zvimwe zvinopfuura izvo mutezvara akatarisa kuti aibvumire; sarudzo yechidzidzo ichienda kure nechinangwa chakasarudzwa; kana kuti mitemo yekushandira inoda kucheneswa.
Chinhu chokutanga.	Deredzai mushewe. Zvitauro zvinofanira kuve pachena uye usati muripoti munhu. Dzisa kudzokorora zvakafanana. Tanga mumushambidzire kuti anogona kuzopa, kumisikidza, kana kuvhara zvimwe zvaanoda kushandura.
Sentenzi yakanakisa.	"Unogona kuzivisa muganho uine, usina kutaura nyaya yese."
Kudzorora chivhu.	"Tichadzosara nekutambira, nemitemo, uye nekuita zvinhu imwechete panguva dzese."
Zvikonzerese.	Dzidza zita remugomo mutsva, ita chokwadi chekuti imba inogona kupfuura mukati mairi, uye enda kumberi pasina kukanganisa munhu kuti arege kuvaka mugomo.

Version note: US Master generated as the canonical English source for downstream 40-language localization.